

THIS YOUNG MOTHER

Tells Childless Women What Lydia E. Pinkham's Vegetable Compound Did for Her

Millston, Wis.—"I want to give you a word of praise for your wonderful medicine. We are very fond of children and for a considerable time after we married I feared I would not have any owing to my weak condition. I began taking Lydia E. Pinkham's Vegetable Compound and now I have a nice strong healthy baby girl. I can honestly say that I did not suffer much more when my baby was born than I used to suffer with my periods before I took Lydia E. Pinkham's Vegetable Compound years ago. I give all the credit to your medicine and shall always recommend it very highly."—Mrs. H. H. JANSEN, Millston, Wisconsin.

How can women who are weak and sickly expect or hope to become mothers of healthy children? Their first duty is to themselves. They should overcome the derangement or debility that is dragging them down, and strengthen the entire system, as did Mrs. Jansen, by taking Lydia E. Pinkham's Vegetable Compound and then they will be in a position to give their children the blessing of a good constitution.

What to Take for Disordered Stomach

Take a good dose of Carter's Little Liver Pills—then take 2 or 3 for a few nights after. You will relish your meals without fear of trouble to follow. Millions of all ages take them for Biliousness, Dizziness, Sick Headache, Upset Stomach and for Sallow, Pimply, Blotchy Skin. They and the misery of Constipation.

Carter's Little Liver Pills

Stop Shaking and Rattling With Advance Cork Insert Brake Lining for Fords

A valuable book tells you how to do it. Gladly mailed on request. When you send back this ad, tell your dealer to mail "Cork Lining." ADVANCE AUTOMOBILE ACCESSORIES CORP., 1723 Prairie Avenue, Chicago.

Parker's Hair Balm

Restores Color and Beauty to Gray and Faded Hair. Cleanses and Softens the Scalp. Makes the Hair Grow Thick and Healthy. Cleanses the Scalp. Cleanses the Scalp. Cleanses the Scalp.

Kremola

AMERICAN Farm Bureau, 1419 acres, \$1,500 cash needed. No commission. Write Federal Farm Bureau, Washington, D. C., Chicago, Ill.

W. N. U., DENVER, NO. 38-1921.

Fate Had Been Unkind.

An old man appeared for charity from passersby. "Pity a poor old man who has missed his calculation." The strangeness of his cry attracted an old lady, who stopped the man and asked him what he meant.

"Madam," said he, "it's like this. When I was young, I earned plenty of money, and at fifty had saved a good sum. I said to myself I should only live to be seventy and what I had would keep me comfortably till then. Unfortunately, I missed my calculation. I've lived to be seventy-two and my money is all gone."

The explanation seemed him the gift his ingenuity deserved.

The New Mother.

The Mother—Shame on you, Boris, for being so selfish! You know I'll be careful of your frock; besides don't forget the tins you've worn my silk stockings.—Cartoons Magazine.

More Practicable.

Unwin—"That little waitress has taken ways." Sterne—"I wish she had some fetching ones."

First on the Appetite List

ONCE the crispness and charm of Grape-Nuts have been tested by the family, there's one item that stands prominently out in the marketing list thereafter.

That's Grape-Nuts.

The twenty hours of continuous baking have produced, from the natural richness of wheat and malted barley, a food that is uniquely sweet with sugar developed from the grains themselves, and whose crispness and flavor make a delightful appeal to every member of the family.

And Grape-Nuts is soundly nourishing—a great builder of health and strength.

Served with cream or milk, as a cereal for breakfast or lunch, or made into a pudding for dinner.

See that your marketing list includes this delicious, economical food, today. All grocers.

"There's a Reason" for Grape-Nuts

Medium Was Right.

"Divide a bit do I believe the messages these mediums are after getting from the dead," declared Dugan. "Ye can't be telling whether they're true or not." "More fool ye. Ye can, and I can prove it," contradicted Monahan. "By mistake I was reported killed entirely in the war, and one day me sister went to a medium who told her I was within a week back on earth. And at that very time I was on a transport in a high sea, d'ye mind?"

CATARRAHAL DEAFNESS

is greatly relieved by constitutional treatment. HALL'S CATARRH MEDICINE is a constitutional remedy. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed Deafness is the result. Unless the inflammation can be reduced, your hearing CATARRH MEDICINE acts through the blood on the mucous surfaces of the system, thus reducing the inflammation and assisting Nature in restoring normal conditions.

Circulars free. All Druggists. F. J. Cheney & Co., Toledo, Ohio.—Advertisement.

Young Bargain Hunter.

Her mother took little Edna downtown the other day and as they walked slowly along they saw the sign in an entrance, "Children half price."

"Oh, mamma," cried Edna, "do let's go in and buy a baby now they're so cheap."—Boston Transcript.

Taxation Blues.

"Grandpa, what was the time the old cow died on?" "Taxation Blues," honey," said Mr. Cobble.

The AMERICAN LEGION

(Copy for This Department Supplied by the American Legion News Service.)

HOLDS UNIQUE WAR RECORD

Editor of Legion Publication Left Post and Marched to the Front A. W. O. L.

Walter T. Neuberger, editor of the Service Star, official publication of the American Legion, has what is believed to be the most unique war record of any man who served in the A. E. F.

He was sergeant instructor in France, but his desire to get into the front-line fighting caused him to virtually desert the army. He left his post and marched to the front A. W. O. L. He went through the St. Mihiel drive and was in the thick of the Argonne fighting when an order was issued for his arrest. Neuberger didn't mind the arrest but he hated to quit fighting. A court-martial followed and he was reduced to a private. Later, following the armistice, he was sent to Coblenz as linotype operator on the Amaro News.

Neuberger is president of the Great Falls (Mont.) Typographical union, and is adjutant of the Great Falls post of the American Legion.

LEGION HERO WITH ONE LEG

Detroit Member of Organization Displays Makeup of True Soldier During Fire.

Once a hero, always a hero, is what Detroit is saying of Leo Fuhrman, World War veteran, who lost a leg in France, but who nevertheless saved the life of a stranger in a burning building recently, while a-bodded spectators stood about wringing their hands.

Fuhrman, a member of the Charles A. Larned post of the American Legion, lost his left leg at the thigh while serving as a machine gunner with the Thirty-second division of the A. E. F. Early one morning he was awakened by shouts and soon learned that a near-by house was on fire.

Garbed in a dressing gown he made his way to the burning house and found a crowd of spectators awaiting the fire department. Fears were expressed for the safety of occupants in the house, and as no one volunteered to enter, the legionnaire broke open a window and went in. He returned dragging Aaron Pruitt, whom he found overcome on a bed.

"Any soldier would have done the same thing," declared the hero.

IN MIDST OF SHELL SHOWER

Husky Seattle Legion Member Was Wounded Twelve Times Within Half Minute.

The weathering of three years rough and tumble as a Walter Camp All-American tackle on the Yale football team, conditioned Charles H. Paul, Seattle, Wash., for one of the World War's most unusual experiences.

Paul, then a first lieutenant in the Three Hundred and Sixty-ninth Infantry, Ninety-first division, was wounded in 12 different spots in half a minute during the Argonne struggle. One high explosive shell burst near him, hurling him about 15 feet distant. He had just landed when a second shell exploded almost under him, tossing him back to where he started from. He thought it over for several months in army hospitals.

Also a graduate of Harvard law school, Paul is junior partner in one of Seattle's legal corporations. He is commander of Rainier-Noble post of the American Legion, Seattle.

Legion Man Sets the Pace.

Ageratum, architrave, chamfer, cistostegium, elobim, gambit, guilpe, intaglio, metacarpal, mitoids, nada, pomology, rocoos, Sinuony. How many of the above words can you define? Michael Nolan, 45-year-old mental wizard, who has been classed with the world's "best minds" defined all of them in less than one minute. Nolan is a charter member of Rainier-Noble post of the American Legion at Seattle. Nolan, who has been a lumberjack and a sailor, is a student in the engineering department of the federal board of vocational training at the University of Washington. He was shellshocked in France. He broke into fame when he established a new record in the army "alpha" test with a perfect score of 212 points in thirteen minutes. The best previous score in the psychology test was 205 points in seventeen minutes, made by a Yale professor.

True Words Spoken in Jest.

"Say, Madelon, this liver's something awful."

"I ver sorry, mon cheri," answered his French bride. "I spick tomorrow wiz de liverman."—American Legion Weekly.

Natural.

"Wonder what makes the boss so hard-boiled lately?"

"Well, they say his missus keeps him in hot water all the time."—American Legion Weekly.

Raw Material Supplied.

Mamma—Johnny, why did you steal the jam?

Johnny—I didn't want to disappoint the preacher. He prayed for all our sins to be forgiven and I didn't have any sins.—American Legion Weekly.

That's Why.

"Mother, why don't the pictures of men angels ever have whiskers?"

"Because men get into heaven with such a close shave, dear."—American Legion Weekly.

THE LEGION IS HIS HOBBY

Former National Vice Commander Also Devotes Much Attention to Labor Affairs.

Time does not hang heavily for George L. Berry, president since 1907 of the International Printing Pressmen and Assistants' Union of North America, founder of Pressmen's Home, Tenn., and until recently national vice commander of the American Legion.

Mr. Berry has two hobbies: his union and his Legion. A veteran of the Spanish-American war, he served overseas in the World War with the railroad transportation corps. He was in Paris, France, when the first caucus of service men, out of which grew the American Legion, was held, and he attended and was heard from. Being familiar with foreign industrial conditions, he represented the American Federation of Labor at foreign trade union conferences, and after the war was appointed to the government industrial commission sent to allied nations to co-ordinate industrial conditions with those of the United States. His Legion activities now concern themselves with his role as a national speaker for the service organization.

LEGION MAN SAVES LIVES

Former Yeoman, Member of New Jersey Post, Aids When Town Is in Danger.

A post-war gas attack which threatened the entire town of Round Brook, N. J., was checked and hundreds of lives saved by the quick and fearless action of Michael Pascal, former yeoman of an American torpedo boat destroyer and member of the local American Legion post.

When a huge tank containing 1,000 pounds of phosgene, one of the deadliest gases used in the war, sprung a leak, a workman was killed and scores were overcome before Pascal and a companion, formerly with the chemical warfare service, arrived. They smelled the gas from a distance, and recognizing its odor, set out for the origin.

Arriving, Pascal found doctors caring for the severely gassed, workmen running about in gas masks but no one trying to stop the leak. After several attempts in the gas-filled plant, Pascal and his companion stopped the leak. Both have been honored by the town council and recommended for Carnegie medals.

Pressure on tires should be kept at the figure given by the manufacturer, not by guessing, but by gauge, and the reserve tire must be tested the same as those in use. A car systematically overloaded will wear out tires faster; procure oversize tires to correct this evil.

Grease softens rubber. Keep the tires free.

Fast driving heats the tires, with faster wear, besides magnifying the bumps and giving a side swing which grinds the tires over the road.

If the front wheels are out of alignment it also grinds off the tread.

A harsh clutch does the same thing in starting abruptly, and brakes applied too rapidly also slide the wheels.

Brakes unevenly adjusted cause one tire to slide and grind.

Whirling around corners sometimes makes all four tires slide, even when there is no bad slide.

FRENCH MEDALS FOR YANKS

Special Commemorative Emblem to Be Presented to All Americans Who Served.

All Americans who served overseas as members of units of the French command during the World War are to receive a handsome decoration from the French government, to be known as the French commemorative medal.

Distribution will be made from the office of the French military attaché at Washington. It is estimated that from ten to fifteen thousand Americans are entitled to the medal. Since they are scattered all over the country, the French government has appealed to the more than eleven thousand posts of the American Legion to publish the names of the medal offer to eligible veterans.

The medals are to go to all American citizens who served during the World War, as members of the French army and navy; as physicians, nurses, pharmacists or administrators in French sanitary units between August 2, 1914, and November 11, 1918; as members of relief agencies under French command, and as motor drivers, operators and secretaries in the regular organizations of the French armies.

TIE KNOTS WITHOUT CHARGE

Legion's National Chaplain Agrees to Officiate at National Convention Events.

Because he believes that married members of the American Legion make better citizens, Rev. John W. Inzer, Nashville, Tenn., the Legion's national chaplain, will marry without charge all Legionnaires who attend the third annual convention of the service organization at Kansas City this fall. All marriage license fees will be paid from the convention fund, Legion officials promise.

Arrangements are being made to house prospective brides in homes of prominent citizens and the bridegrooms in various hotels and residences. It is expected that at least 100 couples will take advantage of the offer and preparations are being made to accommodate that number of newly-weds.

Battery Lifter.

An admirable lifter for use in raising the battery out of the car may be made by having what are known as harness straps riveted on the ends of a leather strap, perhaps an inch wide and a little longer than the battery. When this is snapped into place it makes a convenient handle for juggling the battery around.

Bermuda remains the only civilized place in the world from which automobiles are barred.

VIGILANCE WILL SAVE CAR TIRES

Driver Should Realize Proper Care is Important to Secure Maximum Service.

GO EASY OVER ROUGH ROADS

Make Careful Examination at Least Once Every Week and Seal Up Small Holes With Cement—Avoid Wet Crushed Stones.

Tires are really wonderful pieces of work. It is remarkable that they stand up as well as they do when you consider the car weight, speed and rough roads encountered. Yet the average driver is apt to say that tires make him tired—especially after he has to invest in one or more. He should realize their good qualities and not think they should stand any amount of abuse and still give maximum service. Having learned this proper respect, the next thing is a proper care through their lengthened career.

To keep down the cost per mile there are some things the owner must do. The manufacturers of most tires issue a pamphlet telling how the tire is made and how to take care of it. Get it and read carefully and follow the advice given.

Look After Small Cuts.

But, despite your care, there will be cuts in the rubber tread. Go over the tires regularly once a week or oftener and look for these cuts. Small ones should be sealed with cement before they get big. Larger cuts may need the putty-like repair material to be had of the supply dealer or may need vulcanizing. But it should be attended to at once. Water will get into the fabric and it rots in amazingly short time, and then vulcanizing does no good, for the strength of the fabric is gone. Sand works in as well as water and makes "blisters" alongside the tread.

WASTEFUL DRIPPINGS OF OIL

Leaks From Cap Screws Make Fully Messy Engine and Should Be Attended to.

Oil drips frequently come from the cap screws being loose on the crankcase, from the bearings, from the plungers or tappets above the cam shaft. In addition to being wasteful, drips of this kind make a frightfully messy engine and should be attended to promptly. In some cases where oil drips from the bearings the fan picks it up and scatters it over the inside of the hood.

AVTOMOBILE FUNTS

Motor vehicle taxes are collected on the basis of horsepower in Belgium, France, England and Italy.

All sales of motor vehicles in Denmark must be registered by the police, and these cannot be effective without an insurance policy first being secured.

Automobile shipments from factories in May totaled 22,000 cars, 14,800 driveaways and 3,350 shipped by boat, an increase of 13 per cent over April.

Here is a Good Tip.

On a wet day avoid roads where crushed stone has been newly applied. Rubber workers in all the vulcanizing shops wet the knives with which they cut the rubber. Wet stones with sharp corners slice a tire like a knife.

Inner tubes puncture, but may be patched easily with the handy kits sold in tire stores, and there are handy vulcanizing outfits for larger cuts which may be carried in the car. Blowouts should be taken to the vulcanizer. New methods enable the expert to do wonders with tubes we used to throw away.

The manufacturer tries to show you how to save tire cost, and along with this the fellow who follows his advice generally has less road troubles with tires than he who neglects them persistently.

OLDEST AUTOMOBILE IN WORLD

What is said to be the oldest automobile in the world is used by an aged French abbe to make his pastoral rounds in the department of the Somme. It was the first car built by a French company in 1891, and, when running, it can still do 12 miles an hour.



In Illinois 568,758 persons paid nearly \$6,000,000 for licenses to operate their automobiles in 1929.

The average running cost of an automobile per mile is 10.8 cents; the average annual cost is approximately \$540.

The development of the modern internal explosion engine first began in 1744, when C. F. Lavoisier, a German scientist, succeeded in igniting the vapor of ether by an electric spark.

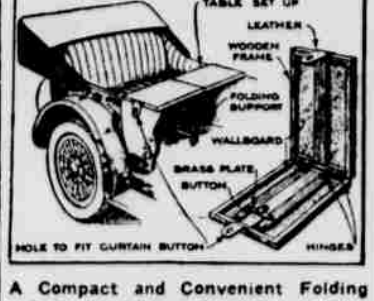
CONVENIENT DINING TABLE FOR OUTINGS

Much Comfort and Ease Afforded Picnickers.

Light and Compact Folding Device Shown in Illustration—Leather Tabs Are Attached Over Top of Curtain Fasteners.

A family of five persons always takes the lunch basket along when they go for a day's outing in the car. It is not always easy to find a leafy bower with a clean, level space on which to spread the lunch, and besides, it is vastly more comfortable and less bothersome to eat in the car.

To add to the comfort and convenience of such trips, the very light and compact folding table shown in the drawing is carried along. The frame is made of 1½ by ¾-inch whitewood, in two parts, which are hinged at the middle, while the legs are hinged to one section and joined together near the lower end with a brass plate. The frames are covered with extra thick pressboard, or wallboard, glued to the wood. Leather tabs are provided at each end, which are attached over the top-curtain fasteners on the edge of the car. The whole is painted or varnished as desired, to make it waterproof and to improve the appearance.—A. G. Rollins, Portland, Me., in Popular Mechanics Magazine.



A Compact and Convenient Folding Dining Table for the Use of Automobile Picnickers and Tourists.

Putting the Finishing Touches on Hard Surface Road.

If the road is dangerously narrow now, as is the case where less than eighteen feet is paved, what will it be in twenty years?

Eighteen feet should be the minimum, not the maximum, and on main traveled roads a greater width will seem narrow in twenty years. In England and France the roads are paved clear to the fences or sides of the highways, unless a curb and sidewalk or bicycle path is maintained between the road and fence. Every foot is kept in good condition. Good drainage is as much a part of the European highways as is the case with our city paved streets.

We are at the beginning of motor transport. Unless we look ahead and provide wider pavements, we will find the highways crowded and our possible relief from railway congestion annulled. A few dollars saved now in narrowing our paved highways will prove a short sighted policy.

We have already seen the folly of constructing our canals too narrow and locks too short. The great lakes boats needed in Atlantic transport during the war had to be cut in two and taken through the canals in pieces. Ocean ships cannot reach interior ports until the canals and locks are enlarged. This is a highway lesson to us. Look to the future.

ROAD LEGISLATION OPPOSED

Engineers, Dairy Farmers, Fruit and Vegetable Growers Making Vigorous Protests.

All industry and a great portion of the agricultural interests of the country are up in arms against the hasty and ill-considered legislation already enacted by a few states and pending in others which threatens to strangle one of the nation's most essential industries, motor-truck transportation, says a writer in an exchange.

The protests come from highway engineers, dairy farmers, fruit and vegetable growers, grain belt shippers, all lines of industry and commerce and other operators of motor-trucks and their patrons.

They say increased license fees and restrictive legislation have been effected without sufficient investigation and without conclusive evidence.

A sensible solution is being worked out by the state of Illinois. The state highway department has under construction an experimental road containing 64 test sections, each section differing from the others in design.

Building in South.

A stretch of hard-surfaced road in the southern states, twenty-five miles in length, was difficult to be found six years ago, whereas at present there are any number of hard surfaced roads from twenty-five to 100 miles in length.

Acquire Road Trees.

The state highway commission in California has the authority to acquire roadside trees along its highways.

Construction in India.

Highway construction is now making important and extensive strides in various cities in India.

Traffic to the Right.

Vehicular traffic on highways in France keeps to the right, while railway traffic keeps to the left.

Buy Pedigreed Animals.

There never was a better time to buy pedigreed farm animals. Why not start a campaign in your neighborhood for "Purchased live stock on every farm?"

Longest Hard Road.

The longest continuous stretch of hard-surfaced road, east of the Mississippi river, 700 miles in length, is from Portland, Me., to Washington, D. C.

IMPROVED ROADS

PROPER WIDTH OF HIGHWAYS

Eighteen Feet Should Be the Minimum, Not the Maximum on Main Traveled Roads.

Through all the years we have been trying to maintain from forty to sixty-foot roads in a large percentage of our public highways when such a width was wholly unnecessary. The road sides have not been cared for because they were waste land and this lack of care has made them spreaders of weed seed and hay fever. A narrower roadway, well kept, would in most cases serve all the purposes required, drainage and safety, says the Successful Farmer.

Now that the roads are to be hard surfaced the tendency is to go to the other extreme in order to save taxes for paving. We must look ahead. If we put down a paving that will last fifteen or twenty years, we must estimate if possible the amount and kind of traffic it will bear at that time.



Putting the Finishing Touches on Hard Surface Road.

If the road is dangerously narrow now, as is the case where less than eighteen feet is paved, what will it be in twenty years?

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